14: Tamai--96 [8] J-2 (1896) 1896 Formosan Aborigines
116, 263 Chin-hoan

Instead of salt the Tschinwans use salt water to season their food.

22: Wiedfeldt--9[2] F-5 (1913) 1914 Formosan Aborigines
116, 263, 177, 824, 431 Atayal

As a condiment, they like salt best of all. If this is lacking, they use as a substitute the small, salty berries of the mabu tree. The Taroku are said to have learned how to get salt from the sea from the Chinese by way of the Amis who border them to the south. Recently there have been isolated instances of their giving this necessary condiment as a gift and also as an article of barter to the tribes in the interior, after the Japanese prevented the importation of salt. Otherwise they use as a spice a kind of ginger which they get from the root of a species of banana, and to which they attribute a strengthening effect.

50: Ruey E-5 (1955) 1955 AD1 Formosa - Formosan Aborigines AD1 Atayal

Vegetables—eggplant, cabbage, onion, garlic, wild tomato, pumpkins, gourd, beans (Pisum sativum, L.), etc.

Fruits—peach, pear, orange, persimmon, longan fruit, banana, (sugar cane), etc.

Eggs, meats, and fish—hen-eggs, duck-eggs, pork, beef, chicken, duck, turkey, meat of wild boar, monkey, and fox, and many kinds of birds and fishes.

Others—mushrooms, and other kinds of edible fungus.

Among the above list, rice, millet, sweet potato, and taro are staples; and the others are subsidiary articles to diet. They are generally prohibited from eating snakes, cats, dogs, rats, and frogs.

2. Preservation and storage of food

Methods of preserving food are (1) salting [*sintemoay*]; (2) drying [*mapci*]; and (3) baking [*aqaqaf*]. Cabbage and radishes may be dried first and then salted, or may be salted first and then dried; they are stored in wooden baskets or pots. The salting method of monkey's meat is as follows: The monkey is killed by a wooden club, and then roasted at a fire to burn off the hair. After the hair has been burned off, the entrails will be viscerated and the whole monkey will be cut into small pieces. Then they will be stored with rice and salt in a pot. Pork is always roasted. Sometimes they roast or salt the meat while they are still on the expedition when game is plenty.

Cereals are stored in the grain-storage house. The grain storage house is a kind of pile-building constructed of bamboo (see IV House). Rhizomes are stored in their kitchens.

3. Preparation of food

Their methods of preparing food are mostly very simple. Every morning they pound the amount of rice they need for the day. Rice is pounded in the wooden mortar with a wooden pestle. Winnows are used to hold grains which overflow from the mortar and to winnow away the husks.

Their oven is constructed by sticking three knives or laying three pieces of stone on the earth like a tripod. In the former days, fire was made by drilling a piece of wood on another piece of wood. The strike-a-light method of making fire was introduced into the Atayal more lately, and today most of them use matches.

Meat is mostly boiled with water. Fish and small animals may be roasted.

Rice-cake and millet-cake are made by the same processes. Glutinous rice [*naisaini*] or glutinous millet [*tulaqis*] is used. It is washed, steamed, and then pounded.

Bananas are smoked on the fire or stored in a pit, which is covered by tree leaves and clay, to become ripe. To take away the acrid taste of the persimmons, they are stored inside a pot with water which has been boiled with longan leaves and unripe persimmons.

4. Condiments

Salty (of salt), pungent or hot (of ginger or cayenne pepper) is called *qomtox*. Sweet (of sugar), is called *sisiβin*. Acrid (of a unripe persimmon) is called *mapayu*.

They use only a few kinds of seasoning: salt, ginger, and oil. Salt is gotten by

50: Ruey E-5 (1955) 1955 AD1 Formosa
Formosan Aborigines
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263 trading with the Han people. The ginger they raise by themselves. Most of the cooking oils they use are derived from animal fat.

5. Drinks and stimulants.

271 They drink water when thirsty. Their favourite drink is made by mixing ginger
272 juice with water. This may be used as a medicine. They sometimes drink animal
[262] blood while they hunt on the high mountain where no water can be gotten.
[733] They like wine very much. When one gets drunk, he will not be punished even if he commits a crime. In time of a festival, they will drink up all the wine which
273 the host has provided. A man with a good capacity can drink five or six catties of wine. Two persons drink from one cup of wine at the same moment to show their friendship. No taboo need be observed in time of drinking.

Wine is mostly made of glutinous millet, though today glutinous rice may be used too. *qaocao-seto* reported that she brews wine with millet and rice mixed together. After the material is washed and steamed, it is put on a bamboo tray to be cooled [*maβasao*]. Then, it is transferred to another tray which is laid with taro leaves. It is then sprinkled with some water, and some *tamolo* or yeast is added. After two (in summar) or three (in winter) days it is transferred again to a *matapa* or wine-pot. Some water is added. After another seven days this will become wine.

In the former days, they produced their own yeast. Yeast made of glutinous millet is called *pinixeloŋ*, and of glutinous rice *patinani saixo*. It is made by putting steamed millet or rice into a tray which is laid with taro leaves and also covered by taro leaves for two or three days and then drying.

Another kind of stimulant used is tobacco. Tobacco is smoked with a bamboo pipe [*totox*]. In the fomer days, everybody had a bag for keeping the pipe and tobacco, but today, most of the young people smoke cigarettes. They plant tobacco. Tobacco leaves are dried under the sun in the day time and pressed under a stone at night for two or three days. The tobacco will be consumed when it is not too dry. They are not fond of the completely dried leaves because they are easilly broken and the taste is bad.

264 6. Consumption of food

They consume food as a necessity to maintain their lives, therefore vegetables, meats, and eggs are of very little importance, because their staples are rice, millet, sweet potato and taro. They always eat only these kinds of staples without anything to take with, not even salt. No refreshment is taken besides their meals.

Formerly, they ate twice a day, now, they eat three times. Breakfast [*qumunama*] is taken in the early morning, lunch [*qumuliax*] at noon, and supper [*qumucaβiay*] after dark. A family of twelve persons (the family of the Chief: four adults, eight children) consume four pints of rice each meal. Men and woman, old or young, eat together. Food is contained in a dish [*supiax*] which is put on the floor. The family members squat around it and eat with their hands. Soup, if any, is eaten with a wooden or bamboo spoon. Today, most of them use tables, chairs, and chopsticks,